

# COWLITZ 7-ON-7 PASSING LEAGUE

## LEAGUE RULES

### 4th-8th GRADERS

#### **PURPOSE OF LEAGUE**

- HAVE FUN!
- 4<sup>th</sup> – 8<sup>th</sup> graders (current school year) are eligible to play.
- Give every child an opportunity to play all skill positions on the football field.
- Focus on skill sets for throwing, catching and open field running.

#### **SEASON SCHEDULE**

- April 14 – May 19, 2013
- 6 total games
- Each game consists of 2-20 minute halves with 5-minute half time.

#### **COACHES**

- Coaches are responsible for the ACTION OF THOSE REPRESENTING THE TEAM.
- Each team will provide one referee for the game.

#### **TEAM MAKEUP**

- Games will be played 7-on-7 for 4<sup>th</sup> - 8<sup>th</sup> graders (1 player being the center)
- Any player is allowed to play any position
- Player rotation is up to the coach's discretion.

#### **FIELD DIMENSIONS**

- Field Length – 45 yards
- Field Width – 50 yards
- End Zone – 10 yards deep

#### **STARTING GAME**

- Coin flip will determine initial possession.

#### **TIME**

- Two (2) 20-minute halves (running clock)
- Halftime is 5 minutes
- Clock is operated at the score booth by league officials

#### **SCORING**

- *Offense*
  - 6 points for a touchdown
  - 1 point for conversion from the 5 yard line
  - 2 points from conversion from the 10 yard line
- *Defense*
  - 3 points for an interception
  - 2 points for stopping the offense on downs
  - No points allowed on an interception on an extra point

## OFFENSE

- 1 QB plus any combination of 5 WR/RB and a center (center is an ineligible receiver).
- RB can split out as WR.
- All possessions will begin on the 45-yard line
- Each team will have 25 seconds to put the ball into play; delay of game penalty will be loss of down.
- Play starts on the following: when ball is snapped to the QB from the center.
- Play ends when defense touches, with one hand, the offensive player.
- No kicking/punting
- Each 15 yard zone reached is a 1<sup>st</sup> down spot. Anytime the zone line is crossed the offensive team receives a first down resulting in four more downs.
- One running play is allowed per first down zone.
- The QB must throw the ball within 5 seconds.
- BEHIND THE LOS a backward pass/lateral combined with a forward pass is allowed but must be completed within the 5 second rule.
- Lateral pitches/backward passes are permitted down field.
- If QB drops the ball behind the LOS he/she can pick it up and still throw within the time allotted.
- Fumbles are a dead ball at the spot with the last team in control retaining possession.
- If a lateral pitch/backward pass occurs anywhere on the field and is fumbled, the ball is dead at the spot of the fumble and is retained by the team that fumbled.
- If the QB has not released the ball at the above stated time of play (5-seconds) the play will be called dead with a loss of down.
- Loss of down if penalty happens and your on the 45 yard line

## DEFENSE

- No blitzing, no defensive player can cross the line of scrimmage (LOS) UNTIL the ball leaves the QB's hands (i.e. if a lateral or handoff occurs behind the LOS, the defender may then cross the LOS).
- No bump and run defense can be used.
- DB's can line up (approx) a minimum of 3 yards off the LOS.
- Defender covering the QB must stay within approx 5 yards (minimum) of the LOS until the ball is thrown.
- **Interceptions on the extra point** – no points will be awarded.

## SPECIAL RULES

- No down field blocking of any kind for the ball carrier is allowed.
- Responsibility to avoid contact is with the defense; deliberate bumping and grabbing will be a 5 yard penalty from the end of the play.
- Unsportsmanlike conduct may result in a possible expulsion from the game or league. An example may be when a "touch" becomes a push or a slap.
- Mouthpieces are not required but are strongly recommended. Extra mouthpieces should be available at the playing field.
- All high school football rules apply where needed. All penalties will be enforced.